

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

1. A transportable exercising apparatus, comprising:

a frame;

four legs;

two parallel bars mounted thereon the frame for securing a structure having a top end for supporting the user's body while its hand or foot is in use, and that can be adjusted so as to be lowered or raised, and

said top end is formed thereof two sections at which the first section is mounted thereon the parallel bars and attached therewith the second section by two hinges so as to pivot;

an arm having a first end secured to said frame by a pivot therein a hole and a second end having an attachment for securing a first end of a first cable to be engaged to cam of a large pulley fitting therewith a support structure secured to said frame and coupled therewith for allowing the pivotal motion of said arm secured at a first end of a spring by a pin therein a hole and a second end of the spring is secured to an attachment by a pin therein a hole,

and for adjusting the tension of said spring the user must displace the spring at a desired hole located at one end portion being formed as integral part of the frame and to be locked therethrough by a spring pin; a plate being formed as integral part of said frame and having an aperture for receiving a rod being formed at the bottom end of a bar, and wherein the plate includes an attachment for receiving a spring pin to be engaged therethrough a desired hole formed thereon said plate for locking a first end of the bar at a desired position and a second end is adapted for receiving a support member being fixed to a rotary part; a second cable extends through said bar so as to be engaged therein a groove rim of said large pulley and to a small pulley mounted directly therein the rotary part so as to be pulled at any position, and wherein the small pulley having a hole for receiving a bolt passing through a hole of said rotary part supporting said small pulley being connected thereby a nut; a handle being formed as end portion of the second cable is adapted for receiving hand or foot and to be fitted with a cable holder; and a U-shaped bracket is secured to said frame for supporting a roller to allow the displacement of the apparatus.